



# Axe Vale Canoe Club (AVCC)

Contact us at: [info@axevalecc.co.uk](mailto:info@axevalecc.co.uk)

Website: <http://www.axevalecc.co.uk/>

Affiliated to British Canoeing and  
Quality Mark accredited



## GoCanoeing Taster Sessions – 2017

We are running 'Go Canoeing' taster sessions in 2017 for young people and adults interested in trying out canoeing. Qualified BCU coaches will run session.

All participants must be able to swim 50 metres, although for assistance, buoyancy aids will be provided. Minimum Age is 11 years old. The club insurance covers third party liability but not personal accident.

### **AVCC OPEN DAY – Saturday 6<sup>th</sup> May 2017**

Come along and try out our canoes or kayaks to see if you enjoy it. We will be running short try out sessions of 10-15 minutes on the River Axe. Suitable for all ages (11-60+) and especially families.

Venue:	Axe Vale Canoe Club, Axmouth Harbour, Seaton (EX12 4AA)
Times:	Anytime between 14:30 and 16:30 for a 10-15 session on the water
Cost:	<b>Free – Booking Desirable (see website)</b>

### **AVCC Taster Session – Saturday 13<sup>th</sup> May 2017**

Try a two hour session in kayak or canoe in the River Axe Estuary.

Venue:	Axe Vale Canoe Club, Axmouth Harbour, Seaton (EX12 4AA)
Times:	Arrive by 10:00 and completed about 12:30
Cost:	<b>£15 per adult, £10 per youth (school education), £30 per family</b> (family is up to 4 persons, e.g. 2 adults and 2 children, 1+2, 2+1, 1+3) <b>Booking Essential</b>

You will need to have two sets of clothes (one for canoeing and one to travel home). For canoeing bring suitable clothing and shoes – for example: thin fleece, thermal top (man-made fibre), tracksuit bottoms, lace-up shoes you don't mind getting wet. Also bring a towel for a shower when you get off the water. We will provide all the other kit and equipment you need during the course.

Places are limited so early application is strongly advised. Application is via an on-line booking system accessible from:

<http://www.axevalecc.co.uk/Courses/Taster-Sessions/taster-sessions.htm>.

Further details and information about this course and the club, please contact:

Chris Robin on 07501 973648  
or e-mail: [info@axevalecc.co.uk](mailto:info@axevalecc.co.uk)  
or see <http://www.axevalecc.co.uk/Courses/courses.htm>

If you pay by cheque please send them to:

**AVCC Treasurer, c/o C Schofield, 37 The Beeches, Beaminster, DT8 3SL**

# Axe Vale Canoe Club (AVCC)

## Notes:

All members or other persons who attend club tours or meets do so at their own risk. Neither the Club nor its officers can accept any liability for any loss or injury of any kind sustained at headquarters or whilst on a Club tour, meet or other activity. Please note that third party insurance and liability whilst taking part in Club activities is included, however members are advised to make their own arrangements regarding personal accident insurance.

No parking within the Axe Yacht Club is allowed but there is ample parking close by to the club.

## Medical Conditions

Please tell us of any medical conditions that may affect your ability to canoe/kayak. It is your responsibility to inform the club of any new health issue that may arise in the future that may affect your canoeing. Canoeing is strenuous and adventurous in nature and if necessary first aid will be administered by a qualified person. Please talk to a member of the coaching team if you have any questions.

## Code of Conduct

- Co-operate and listen to your coach or club officials and abide by all safety instructions.
- Take care of all property belonging to the club or club members.
- Treat other participants with respect at all times — on and off the water — treat other paddlers as you would want to be treated yourself.
- Control tempers and avoid behaviour which may inconvenience or upset others.

## What next if you enjoy the session?

You may wish to join one of our Canoe or Kayak courses that are running in May/June (subject to places still being available). See <http://www.axevalecc.co.uk/Courses/courses.htm> for more details on these courses.